

Words for core feelings

sad	happy	angry	afraid	surprised	disgusted
discontented unhappy distressed anguished miserable depressed down despairing devastated hurt upset overwhelmed	joyful delighted pleased glad cheerful elated contented blissful ecstatic excited satisfied	irritated resentful hostile contemptuous bothered furious annoyed exasperated indignant mad outraged aggressive enraged frustrated	petrified worried uneasy apprehensive concerned frightened terror struck threatened disturbed anxious nervous intimidated panicky scared stressed terrified	awed disbelieving shocked amazed taken aback astounded stunned	repelled